

Flight Jacket

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Marine Corps Air Station Miramar

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Marine Corps holds first-ever Family Forum

By Sgt. Tisha L. Carter

CPAO, MCAS Miramar

The first Marine Corps Family Forum met July 9-11 at Marine Corps Base Quantico, Va., to discuss quality-of-life issues affecting single Marines and families. Lance corporals to lieutenant colonels, 39 Marines and 12 spouses, discussed a total of 90 issues, initiatives [an issue which may have policy or legal restrictions], and best practices [shared ideas of working programs from other commands] that were submitted from Marine Corps commands worldwide.

Headquarters Marine Corps Personal and Family Readiness Division sponsored the event. The purpose was to bring attention to the state of Marine Corps Quality of Life, identify ways and means to resolve QOL deficiencies and to share QOL best practices.

"We were interested in looking at issues that are, for one reason or another, beyond the control of the individual commander," said Karen Reilly, future operations officer, Personal and Family Readiness Division.

Representatives included single and married Marines, dual military families and single parents from Marine Forces Pacific, Marine Forces Atlantic, Marine Forces Reserve and Marine Corps Recruiting Command. The goal was to inspire commands and installations to routinely assess and act on QOL issues; develop formal mechanisms to address unresolved and global issues; and to showcase the QOL best practices.

Miramar's submissions included the lack of affordable housing for junior enlisted Marines in San Diego County and two best practices: family-oriented activities and Life Skills Education.

Miramar was represented by 2nd Lt. Chantell Fernandez, Headquarters and Head-

quarters Squadron legal officer, and her husband Deritte Fernandez; Gunnery Sgt. Laura Brown, finance; Sgt. Tisha Carter, Public Affairs; and Lance Cpls. Michael and Amy Wyatt, respectively with the Provost Marshal's Office and Headquarters and Headquarters Squadron Legal. Representing the 3d Marine Aircraft Wing were Maj. Philip Burdette and 1st Lt. Iresema Gomez, G-1.

Participants were divided into four different working groups: Housing/Compensation, Health, Community Services I and Community Services II. Subject-matter experts were on hand to answer questions and find information as the groups reviewed, discussed and prioritized the issues submitted.

The issues ranged from lack of affordable housing and cost of living, to recruiting awards and adolescent personal development programs. After nearly two days of deliberation on the 90 topics, each group had to prioritize their issues using a value/benefit scale. At the end of day two, all of the groups reconvened to review the top issues from each section. The forum then had the task of prioritizing and voting on the top ten most important issues overall to present to the Family Readiness Conference.

"It was our responsibility to determine which initiatives we thought merited further



Marines from every corner of the Corps were able to voice their concerns and give their recommendations during the three-day Marine Corps Family Forum held in the Clubs of Quantico July 9-11. Photo by Sgt. Francis J. Sayas

discussion by Headquarters Marine Corps," said Gunnery Sgt. Laura Brown who was also unanimously chosen by the forum as the spokesperson to present the top 10 issues to the Family Readiness Conference.

Day three, the Family Forum convened alongside the Family Readiness Conference and Brown stepped to the plate to deliver the Forum's findings to the nearly 225 participants, including Mrs. Diane Jones, wife of Gen. James L. Jones, Commandant of the Marine Corps.

"Family readiness is extremely important," said Mrs. Jones. "This conference will lay the foundation of a partnership between the installation and the volunteers to guarantee that the future of the Marine Corps is addressing family needs on the home front."

The top ten issues discussed were:

1. Lack of affordable housing — The discussion included the limited base housing, especially in Southern California; affordable housing being only in "bad areas;" the San Diego area's 99 percent occupancy rate; cost of utilities, fuel, and length of commute; and how those in the Southern California area continue to be challenged. The recommendations were more Public/Private Ventures; continued support of reduction of out-of-pocket expenses and active involvement of housing office and off-base housing services. The tangible benefits are increased disposable income and morale.

2. TRICARE Payment of Service — The discussion regarded untimely, inaccurate or denied payments to physicians, causing physicians to turn bills over to collection agencies or the physicians removing themselves from the TRICARE network.

Establishing claims standards, implementing quality-assurance checks and removing of bad credit reports are some of the recommendations that were made.

Resources required would be coordination and cooperation between TRICARE representatives and defense contractors. A minimal cost will be involved, as contractors are currently required to pay penalties for late payment.

3. Cost Of Living Allowance for high-expense areas — Current COLA criteria do not reflect today's Marines' financial need and that additional vehicles should be added to the standard, according to the forum.

Recommendations were to re-evaluate COLA for the continental United States and to re-evaluate the criteria for determining COLA. This would allow an increase and protection of disposable income as well as allow Marines to live closer to the bases.

4. Single Marine and Sailor program — It was recommended to reinforce command support and senior-leadership involvement in the programs ensuring that single Marines and Sailors have the programs and activities.

5. Co-pay for Medication — The National Defense Authorization Act waived co-pays for physician visits only for personnel enrolled in TRICARE Prime Remote. The recommendation was to include the waiver of co-pays for medication in the NDAA. Tangible benefits would provide equity throughout the Marine Corps to include the independent duty community. The only resource this requires is an initiation by Manpower



Can I have your autograph?

A youngster accepts a baseball signed by San Diego Padres pitcher Bobby Jones (left) and catcher Ben Davis (right). The two Friars made an appearance at the Miramar Exchange Wednesday from noon to 1 p.m. to give away signed postcard-sized pictures. They also autographed everything from baseballs, to caps and jerseys for fans. Photo by Cpl. Micheal O. Foley

Spasojevich takes command of 361

Compiled by Public Affairs

CPAO, MCAS Miramar

Lieutenant Col. David L. Spasojevich takes command of Marine Heavy Helicopter Squadron 361 from Lt. Col. Fred Wenger III in a change-of-command ceremony at Hanger 5, here today at 2 p.m.

Wenger will report to the Brookings Institute, Command and Staff College at Headquarters Marine Corps, Washington.

Spasojevich, a Crystal Lake, Ill., native, graduated from Illinois College with a bachelor of science degree and was commissioned in August 1982. Upon graduation from The Basic School he reported to Naval Air Training Command. He was winged in June 1984 and placed on the Commodore's List with Distinction.

After completing training at Marine Helicopter Training Squadron 301 in the CH-53E, Spasojevich was assigned to HMH-464 in January 1985. He later served in the operations, logistics and safety departments while deploying with HMM-162.

Spasojevich transferred to 1st Bn., 2nd Marines where he served as the air officer, Company C forward air controller and battalion logistics officer from August 1989 through June 1991. He participated in Operations Desert Shield and Storm and Operations Imminent Thunder in Saudi Arabia and Eastern Exit in Somalia.

From November 1991 to May 1993 Spasojevich served in the training command as the safety officer for Helicopter Training Squadron 8. During March 1993 the Eightballers received the Towers Award from the Order of Daedalians, the national fraternity of military pilots, for having the best safety program of military training squadrons.

Spasojevich reported to presidential service with Marine Helicopter Squadron Executive 1 in August 1993 and served as the



Lt. Col. David L. Spasojevich



Lt. Col. Fred Wenger

administrative and White House liaison officer. He participated in 42 presidential trips, the 50th Anniversary of the United Nations, D-Day commemoration, Democratic National Convention and the Inaugural Ball.

Spasojevich was transferred to the West Coast in August 1997 to HMH-466 as the safety officer and served as the CH-53E detachment officer-in-charge to Marine Medium Helicopter Squadron 163 (Reinforced) with the 15th Marine Expeditionary Unit. Upon return from the Western Pacific deployment he became the executive officer of HMH-466.

During June 1999 Spasojevich became the Marine Aircraft Group 16 operations officer and began planning for Combined Arms Exercise 1-2 "Theater War." Following his time at MAG-16, he served as the executive officer for HMH-465 and then moved to the position of Wing staff secretary.

Spasojevich has all advanced flight designations and 4,400 accident-free hours to his credit. His professional military education is all non-resident to include Amphibious Warfare and Command and Staff College.

Spasojevich's decorations include the Presidential Service Badge, Meritorious Service Medal, Navy and Marine Corps Commendation Medal, and the Navy and Marine Corps Achievement Medal.

Spasojevich has been married to the former Darci Joy Bauman of Henry, Ill., for the past 19 years. They have two children, Lawrence, 17, and Haleigh, 13.



Recognizing Station's best

Colonel Danny J. McDaniel, chief of staff, Marine Corps Air Bases Western Area, presents the book, "First to Fight," to Lance Cpl. Jeremy B. Smith, a military police officer with Headquarters and Headquarters Squadron at the Miramar Marine and Noncommissioned Officer of the Quarter ceremony July 14. Smith was recognized as the Marine of the

Quarter and Sgt. Michael P. Baehr, marksmanship instructor, H&HS, was recognized as the NCO of the Quarter. Baehr was unable to attend due to prior commitments. Both Marines received several gifts from the military and civilian communities including a trip for two to Denver, a gold watch and several letters of appreciation. Photo by Cpl. Ryan T. LeDoux

Hall takes over air support squadron

Compiled by Public Affairs

CPAO, MCAS Miramar

Lieutenant Col. John A. Hall took command of Marine Air Support Squadron 3, Marine Corps Air Station Pendleton, from Lt. Col. Paul D. McGraw in a change-of-command ceremony recently.

McGraw was selected for top-level schooling at the Army War College in Carlisle, Pa. Hall, a Bradenton, Fla., native graduated from Florida A&M in 1983 with a bachelor's degree in biology.

After completing The Basic School in 1984, Hall attended the Air Support Control Officer's Course at the Marine Corps Communications-Electronics School, Marine Corps Air-Ground Combat Center Twenty-nine Palms.

Upon completion of this training, Hall was assigned to MASS-1, Marine Corps Air Station Cherry Point, N.C.

In 1985, Hall was transferred to MASS-2, MCAS Futenma, Japan, where he was qualified as senior controller in the Air Support Radar Team and senior air director in the Direct Air Support Center.

Hall attended the Air Defense Control Officer's Course, MCCES, MCAGCC Twentynine Palms in 1987. Upon graduation, he was assigned to Headquarters and Headquarters Squadron 38, MCAS El Toro. During this assignment Hall qualified as a senior air di-



Lt. Col. John A. Hall



Lt. Col. Paul D. McGraw

rector in the Tactical Air Command Center.

While at H&HS, Hall participated in combat operations during Operations Desert Shield and Desert Storm. Other schools Hall attended are: the Marine Aviation Weapons and Tactics Course, MCAS Yuma, Ariz.; the Command and Control System Course, Marine Corps Base Quantico, Va.; and the Marine Corps Command and Staff College, MCB Quantico.

Other notable commands Hall has served with are: Marine Aircraft Group 16 during Operation Restore Hope in Somalia; Marine Air-Control Group 38 here, and 1st Marine Division, Camp Pendleton.

Hall's personal decorations include the Meritorious Service Medal, Navy and Marine Corps Commendation Medal and Navy Achievement Medal.

Hall is married to the former Najla Debow of Huntington Beach. They have four children – John, Austin, Cardiena and Dana.

Murdoch takes command of Aviation Survival Training Center

Compiled by Public Affairs

CPAO, MCAS Miramar

Commander Donna M. Murdoch receives command of the Aviation Survival Training Center from Navy Capt. James T. Luz in a change-of-command ceremony at Building 8473 at 10 a.m. today.

Luz will take command of the Naval Health Research Center at Point Loma.

Murdoch received her doctorate from Florida State University in Exercise Physiology with her dissertation in the area of hyperbaric physiology. She was commissioned and after training as an aerospace physiologist, Murdoch was assigned to the Naval Aerospace Medical Research Laboratory as an aerospace physiologist conducting research in G-tolerance enhancement and sustained flight operations.

Murdoch's next assignment was as the aeromedical safety officer, Commander Fleet Air Mediterranean, Rota, Spain, where she provided operational aeromedical support to deployed aviators throughout the Mediterranean and European theaters.

Following that assignment, Murdoch reported to Commander Strike Fighter Wing Pacific, Lemoore, as the aeromedical safety officer. While there, she established the night-vision training laboratory, conducted lectures and training in all aspects of aeromedical issues. Murdoch also served as a



Cmdr. Donna M. Murdoch



Navy Capt. James T. Luz

consultant on several mishap boards and as a member of the Fleet project team for the Centrifuge-Based Flight Environment Trainer.

With her expertise in G-tolerance enhancement, Murdoch's next assignment was as the department head, Aviation Survival Training Center, Lemoore. Her unit was responsible for conducting aviation water survival and physiology training. During this time, Murdoch was instrumental in government acceptance of the Navy's first training centrifuge.

She next moved on to the Naval Air Systems Command as the assistant program manager for Systems Engineering, Aircrew Systems.

Murdoch's following assignment was as the executive officer of the Naval Health Research Center, San Diego.

Her awards include the Meritorious Service Medal and the Navy Commendation Medal, three awards.

Commandant stresses safety and ORM with ALMAR 031/01

Compiled by Public Affairs

CPAO, MCAS Miramar

The Commandant of the Marine Corps stresses the importance of safety and operational risk management in ALMAR 031/01 dated July 12 stating: "... It is imperative that we utilize and understand operational risk management. If you already use it, continue to refine it for yourself, your unit and your Corps. In a three-week period, we have lost five Marines in two separate 15 PAX (passenger) van accidents.

The first incident claimed the lives of two American Marines. The second claimed the lives of three Marines from the Royal Netherlands Marine Corps.

There are known risks associated with 15 PAX vans. Using experienced drivers, obeying posted speed limits and

ensuring all occupants wear their seatbelts decrease the odds of an accident, and in the event of one, increase odds of survival.

Fiscal year 2001 continues to be a disappointing year for on-duty mishaps. In addition to the two 15 PAX van accidents, we lost a Light Armored Vehicle when it sank during a river crossing. Fortunately, the Marines aboard got out. We were not so lucky with an LAV mortar variant aboard Marine Corps Base Quantico which caught fire and numerous mortar rounds cooked off. One lance corporal was severely burned on more than 65 percent of his body.

What we do as Marines is often hazardous. Each of us must understand the difference between taking a prudent risk, gambling and apathy which amounts to negligence. If the prudent risk taken is wrong,

"What we do as Marines is often hazardous. Each of us must understand the difference between taking a prudent risk, gambling and apathy which amounts to negligence."

Gen. James L. Jones
Commandant of the Marine Corps



Gen. James L. Jones

you can recover from it. If the gamble goes wrong, you probably can't. If we are so apathetic that we do neither of these two, we are accountably negligent. Understanding the risks involved with the mission and taking steps to minimize them can save your life."

The commandant concluded the message, ordering commanders to ensure that all Marines have read the ALMAR. To read the ALMAR on the Internet access the Marine Corps Web site at www.usmc.mil.

Sgt Maj McMichael addresses safety to fellow sergeants major

Compiled by Public Affairs

CPAO, MCAS Miramar

Editor's note: In concurrence with the Commandant of the Marine Corps, Sgt. Maj. Alford McMichael, Sergeant Major of the Marine Corps, directly addressed his fellow sergeants major July 10 urging them to impress upon their Marines to be aware of safety issues -

Sergeants Major, It has been wearing on my patience every time I get another PCR (personnel casualty report) or SIR (serious incident report) about yet another Marine who has been hurt – or worse, killed – while on duty. Our on-duty mishaps are twice what they were last year, while our off-duty mishaps are cut in half. Although I am very proud

of what we are doing while we're "off the clock," I am still very frustrated with the staggering numbers of accidents at the very time we should have the most supervision to ensure these problems are not happening.

I spoke with the commandant this morning on this very subject and we are in con-

currence that we again need to push this down to the lowest level action. We need to make our team leaders, platoon sergeants and individual Marines take charge of their surroundings and of the law. This is not to increase the bureaucracy and keep paper trails,

but to ensure that the lives of our Marines are protected from stupid and more importantly avoidable losses.

Our most important asset is the individual Marine and statistics show they are the ones in danger and they are the ones who can easily prevent problems, sometimes deaths, by speaking up when unsafe habits and situations arise. The safety procedures are in place. They are effective. We have to ensure that they are enforced.

I am asking every one of us to make it not only a priority but also a personal vendetta. Stop these work place accidents from occurring.

This is a problem we can overcome.



Sgt. Maj. Alford McMichael

Ad Space

Unit, formation PT not allowed everywhere

Recently the Provost Marshal's Office has received a number of complaints about physical training formations in unauthorized areas. Although individual physical training is authorized throughout the Station, formation or unit physical training is not. A formation or unit is considered anything above a fire team. Formation or unit training must stay clear and away from family housing. In particular the area around the exchange and old trailer park behind the Miramar Lodge is not authorized for unit training. The Mills Park area is available for units to participate in functions involving football, soccer, and such, but to get on the roadway and run is, again, not authorized for units. Major Gen. William G. Bowdon, Commander, Marine Corps Air Bases Western Area, has identified two specific areas for unit or formation physical training. One area is the Red Course starting adjacent to the Officers' Club and continuing around the perimeter road. The other area is from Hangar 0 around the end of the airfield. Other unit run activities can be sanctioned and authorized for special occasions upon coordination with PMO and Station Safety. Please help your command and this installation remain incident free.

Mir *Remarks***Which battle skill should Wing Marines emphasize and why?**

“Close-order drill. Here, not a lot of Marines get close-order drill kicked into them. Units can take advantage of drill to boost morale and to give them confidence in their movements.”

*Sgt. Samuel Sanchez
MALS-41
engine mechanic*



“General leadership. That is one basic subject all Marines need to learn about. You can’t get far in the Corps if you don’t have general leadership skills.”

*Staff Sgt. Dedric Foreman
MALS-16
SAGO*



“Close-order drill. It is a perishable skill. You always have to be on top of it. It instills discipline throughout the ranks and it makes Marines look sharp at all times. That’s what separates us from the other military branches.”

*Cpl. John Rowe
H&HS
military police officer*

By Cpl. Rob Henderson*Commentary*

Every week, the Flight Jacket publishes this page as a forum for Marines, Sailors and other servicemembers or civilians to publicize their opinions. Unfortunately, the word hasn’t gotten out that this page is intended to be a vehicle for everyone with an appropriate viewpoint that offers advice or comment to fellow servicemembers. Every single one of you who read this paper have the same opportunity to be heard each week, and the Flight Jacket is your conduit.

We seek helpful and encouraging stories and will publish your substantiated opinions on Marine Corps and Department of Defense

issues. We can publish submissions we receive that expose problems and offer solutions. However, what we won’t publish are slanderous or vulgar articles. Basically, if you can stand tall in front of your commanding officer and explain yourself proudly, we can publish it.

This is your paper. We punch the clock every day to turn this paper out for the people of our community and we want to hear what they think.

Use this page to share with the rest of the Miramar community; you could make an impact on the paper’s readers.

An Air Force member recently expressed his views and Page 4 gave him a public arena

to be heard. I commend him for his appropriate use of this page. He saw an issue that needed to be addressed, and he sent a letter to our organizational mailbox — ombpaoflight@miramar.usmc.mil.

In turn, the Public Affairs Office published his letter and the opinion was seen by a large number of Marines and Sailors in our community.

Expressing that opinion, or asking that question that has been on your mind, could open it up for discussion – possibly even offer the answer you’ve been looking for.

The perception that specific members of specific units are the only ones who can express an opinion in the weekly forum offered to address Corpwide issues – the Station newspaper – is wrong.

The forum gives all Marines the opportunity to share opinions — popular or otherwise — with the entire Station.

Armed Forces Day — Whose holiday is it anyway?

By Sgt. Aaron Prater*Commentary*

For six years I have stood duty guarding the nation’s shores from the enemy. I once knew a young Sailor who summed up his patriotic duty defending his country with these words: “It’s my job to make sure that I don’t go home one day and find all of my neighbors speaking another language.”

While we aren’t currently at war, I understand his desire to honor and defend his way of life. We are the Defenders of Democracy, or at least that’s what they tell us.

We have memorials for our brothers and sisters who have paid the ultimate sacrifice, and national holidays in their honor. Even we, the current military, have tributes to us. Take for example Armed Forces Day which was enacted in 1949 with the founding of the Department of Defense. This was to replace or supplement the founding dates of each service to signify the “one team, one fight” mentality.

It didn’t really work, since all Marines know that Nov. 10, is more important than your own birthday. It comes complete with a ball, a ceremony, a message from the Commandant and often, the day off. Tradition is very important to Marines.

That said, Armed Forces Day should be a day to celebrate defending our country, not just being a Marine.

So why is it that for my six years of service I have worked on Armed Forces Day nearly every year? Secretaries get a whole week of recognition, usually at least one day off and the boss buys them lunch. Mothers and Fathers have their respective days and they get presents and special attention.

I (along with others in uniform) get to work. The worst part is, Armed Forces Day is always observed on the third Saturday in May. So I spent my weekend covering a story that was, ironically, celebrating me.

If it isn’t standing duty NCO then it’s standing in the line of duty that keeps me in uniform and on my feet on Armed Forces Day. What’s one more day of the year right? It just seems kind of funny that the day celebrating me is often the reason why I am working on a Saturday.

This year I spent my Armed Forces Day at Fort Scott, Kan., complete with a parade, a fly-over by some A-10 Warthogs and rifle detail. It was truly a celebration of the men and women in uniform.

It wasn’t the full reason why I was there, however, just a “bennie.”

I was there for the dedication of the Fort Scott Safety Center, which became the Hawkins Public Safety Facility. The combined Fire and Police Station was named after the Fort Scott born Marine 1st Lt. William Hawkins, a Medal of Honor recipient from World War II.

Even though this piece isn’t about 1st Lt. Hawkins, I would like to quote part of his citation. It reads:

“...personally initiating an assault on a hostile (position) fortified by five enemy machine guns and crawling forward in the face of withering fire, boldly fired point-blank into the loopholes and completed the destruction with grenades. Refusing to withdraw after being seriously wounded in the chest during this skirmish, 1st Lt. Hawkins steadfastly carried the fight to the enemy, destroying three more pill boxes before he was caught in a burst of Japanese shell fire and mortally wounded.”

First Lt. Hawkins enlisted in the Marine Corps shortly after the Japanese attacked Pearl Harbor in January of 1942. He went overseas as a private first class, and little more than a year later, he was promoted to first lieutenant.

Not only is 1st Lt. Hawkins the stuff of legend, he exemplifies what we as a Marine Corps try to embody. He, and others like him, is

the reason we have Armed Forces Day.

Walking around the small town of Fort Scott, I realized something. Armed Forces Day really isn’t for me. I know who I am and why I chose to wear this uniform.

Armed Forces Day is for the citizens of this great nation to pay tribute and honor to the 1st Lt. Hawkins of past, present and future.

Those men and women who came to see the parades and hear the speeches and witness the dedications around the country are glad to see their brothers, sisters, aunts and uncles – us – in uniform, and it is their day to say “thank you” for our sacrifice.

NOW TELL US WHAT YOU THINK

Do you have news? Did you take a newsworthy photo? Would you like to see your byline in the Flight Jacket? The newspaper staff encourages Marines to submit commentaries, letters to the editor or other articles or photographs. Story submissions can be sent by mail to: FJ Editor, H&HS PAO PO Box 452013, San Diego, CA 92145; by fax to 577-6001 ATTN: FJ Editor; or by e-mail ombpaoflight@miramar.usmc.mil.

Ad Space

Miramar provides stable place for equestrians, enthusiasts

By Cpl. Rob Henderson

CPAO, MCAS Miramar

For centuries horses have had a close relationship with the military. In the early days of battlefield combat, horses were used both as combatants and for transport. During the Indian campaigns of America's past, horses were used to help "tame the wild West." Today, the relationship continues at Miramar, but the bond is less about warfare than recreation.

The Marine Corps Community Services' Stables has offered boarding and recreational activities for horses and riders for the past 44 years.

"The stables are in a great place. I love it out here. Location, location, location is what makes it so great," said Sharon Haynesworth, a patron of the stables. "The stables are centrally located in this area so they're just a short drive from anywhere."

Haynesworth houses her horses at the stables, and one of them is a national award winner. Show Biz, an Andalusian Thoroughbred, has won five national titles, and has lived at the stables his entire life.

For a fee, the stables provide a safe place to board horses. Stable personnel help care for the animals as well.

"We clean the stalls once a day except on Sundays and holidays. We also feed the horses twice a day. We give them feed pellets in the morning and hay cubes in the afternoons," said Richard A. Ernsberger, MCCS recreational specialist assistant at the stables.

Besides boarding and care, MCCS offers a variety of activities and training at the stables for horse owners and enthusiasts.

"At the present time, we have five instructors under contract who give riding lessons in both English and Western riding styles. All classes are available for beginners through advanced riders," said Doris A. Cronkhite, stable manager.

"We put on English and Western horse shows and play days with games that involve horses," said Ernsberger.



A farrier drives a spike into a horse's hoof, giving the horse a new set of shoes. *Photo by Cpl. Micheal O. Foley*



Sissy, a 12-year-old Palomino, gets some exercise at the Miramar stables during her owner's lunch hour.

Photo by Cpl. Micheal O. Foley

Some of the other activities the stables offer are the Wayward Children Program, Flying Hooves Riding Club and the Reenactor Program.

Through the Wayward Children Program the San Diego Probation Department sends young first-time offenders to the stables for Community Service hours.

"It's during this time that many of the youngsters get their first feelings of self worth. Horses do not judge, they either accept you or they don't. Approximately 10 youth a year come to the stables and leave with a new attitude on life," said Cronkhite.

For those interested in the social and competitive aspect, boarders can become involved in the Flying Hooves Riding Club. Many activities are organized through the club, including horse shows, clinics and trail rides. Just recently 12 of the boarders took their horses camping for the weekend.

"The Reenactor Program is just starting here at the stables, but we have a very enthusiastic group of folks who did a living history lesson during a recent horse show hosted by the stables," said Cronkhite.

The stables are only open to military servicemembers, retirees and Department of Defense civilians. Active-duty members stationed here are given top priority for space at the stables.

"Believe it or not, there are a number of people who do not own a horse but enjoy the camaraderie that the stables provide. Therefore, some people are there and donate their time for all sorts of equestrian operations," said Lt. Col.

Tommy L. Hester, Miramar's Provost Marshal and horse owner.

The stables, directly outside Miramar's main gate, are open seven days a week from 8 in the morning until 9 at night. The stables also house a Tack and Feed Store that sells the basic needs for a horse owner including feed, brushes and bridles.

"Miramar has 2,200 acres of riding trails. Many young Marines have stated that after a very tough day on base, the stables are an oasis for them to come and relax. One young Marine told me, 'It's almost like being home around my horse,'" said Cronkhite.

Hester agrees. He uses the stables as a stress reliver and a way to bond with his family.

"The stables provide me and my family with quality time that we can work on and enjoy together, but personally, I get a vent. That is, I get relief from the drudgery of day-to-day activities that are very stressful. Probably equestrian arts are analogous to some people enjoying fishing, hunting and golf. Horsemanship to me is a way to relax and refocus," said Hester.

Although a strong warhorse is no longer a necessity, horsemanship is still a part of America's military heritage. The tradition between man and beast continues just outside the gates where technology carries the American military further from our roots of the medieval battlefields.

For information about the stables' programs call 577-4139.

Ad Space

Devilfish showcase deployability with WESTPAC detachment

By Petty Officer 3rd Class
Joseph Rey Quiroz

Public Affairs, USS Constellation

ABOARD USS CONSTELLATION – Marine Aviation Logistics Squadron 11, based at Marine Corps Air Station Miramar, is tasked with providing support to nine Marine fighter squadrons, including aircraft carrier USS Constellation's VMFA-323 Death Rattlers, also from Miramar. When those squadrons deploy, MALS-11 needs to be ready to go anywhere.

"We must always maintain a high state of readiness," said Sgt. Murier Birmingham of Miami. "We must be able to deploy within 24 hours when called upon."

Constellation is on its Western Pacific Deployment to the Arabian Gulf.

Aside from deploying with Connie and USS John C. Stennis, MALS-11 is called on to deploy to Kuwait and Turkey, as well as taking part in exercises at Naval Air Station Fallon, Nev., and Marine Corps Air-Ground Combat Center Twentynine Palms for combined-arms exercises. "We can go anywhere in the world at anytime," said Birmingham. "We are so mobile that we can even take some of our buildings with us — just secure them, put them in the C-130s and take off."

But the unit of 44 Marines that has come along for Western Pacific Deployments doesn't exclusively work for VMFA-323. They divide up and join the crew in providing support for all the aircraft on board.

Members of the team who came to Constellation assume key positions, like day supervisor in S-6's aft storerooms, the position held by Birmingham. Using his experience and his ability to task a crew, he is able to ensure parts needed for downed aircraft are found and delivered quickly.

"What helps us be able to do our job the way we do is that we have been trained to be highly organized," said Sgt. Donald Mayorga-Spears of Alexandria, Va. "Knowing the correct steps to take and where to find the proper equipment saves time and work. We are trained to do most jobs in less than two weeks — jobs like stock control and inventory management. An initial introduction followed by [on-the-job training] usually makes for a better grasp of the subject matter. After that the person trained is capable of training others if necessary, and have them perform well."

"I manage the supplies and do the accounting for VMFA-323," said Mayorga-Spears. "Putting together the flight packet that the pilots take with them is one of my responsibilities. If they couldn't make it back to the ship and had to land somewhere they would have the paper work and credit vouchers to purchase what they needed."

Paying personal bills is often difficult, but paying bills for an entire squadron can cause headaches for the inexperienced.

"Buying fuel for the planes is easy while we are deployed. We are authorized as much as we need," said Mayorga-Spears. "Stateside it is much more controlled."

"Another part of the job I spend a lot of time on is flight clothing. Finding size-15 boots can take awhile, they usually don't have them aboard so I've got to e-mail the shore or sometimes the manufacturer to place an order."



Sergeant Donald Mayorga-Spears and Cpl. Alvaro Guzman, both with MALS-11, verify the serial number on an F/A-18 Hornet wheel strut. Forty-four Devilfish are assigned to the USS Constellation during its WESTPAC. Photo by Petty Officer 3rd Class Joseph Rey Quiroz

For someone accustomed to working ashore, working on a carrier definitely takes some getting used to.

"It's very fast paced back at Miramar," said Cpl. Jason Wodack. "I'm an aviation supply clerk back home, working in the Repairable Management Division. On board Constellation I work in the Program Management Unit of S-6. On shore everything is divided into either repairables or consumables. Here it's divided into many work centers, with each work center having, in most cases, many additional storerooms."

Stowage is spread out with parts sometimes difficult to get to, like in the hangar bay mountain. Often the supply crew has to move the dozens of large and heavy crates in the mountain. Once the crates are moved, they open up three decks by lifting huge, heavy hatches and bring up airplane parts too big to fit through a regular-sized hatch. Proper records and inventory management ensures the procedure runs smoothly.

"It's not just moving parts around the carrier that's difficult," said Wodack. "Getting those parts to come halfway around the world takes some doing. When there is a non-mission capable or partial-mission capable part needed, we don't have the luxury of going to a defense logistics agency or naval inventory control point and picking one up. What I have learned here is that we have to do more research and not stop at the first NIC point. I have learned to use the Internet and updated publications to find substitutes. A part that just last year wasn't authorized, with minor adjustments, now could be."

But Marines have never been known to shrink from a challenge.

"The hard problems make the job fun," Mayorga-Spears said.

Ad Space

STREND total fitness challenge comes to Miramar

By Cpl. Micheal O. Foley

CPAO, MCAS Miramar

Edward Bugarin, retired soldier and founder of the STREND concept, brought his total fitness challenge to Miramar Saturday at the Station gym for the third year in a row.

STREND is a competition in which both STrength and ENDurance is essential. The competition started at 7 a.m. with a weigh-in. Each competitor was weighed to determine how much weight he or she would have to push or pull in each of five strength events.

The strength events were the bench press, wide-grip pull-ups, close-grip chin-ups, shoulder presses and bar dips.

The final event was an endurance event – the three-mile run.

Athletes competed in either the open division or basic division, but there were no age group awards for the basic division. The basic division offered assisted exercises and was created to give people who are unable to perform unassisted pull-ups, chin-ups or bar dips an opportunity to compete. As 34 hard bodies showed for Miramar’s fitness challenge Bugarin’s STREND vision is taking shape.

“We eventually want to draw totally fit people from around the world,” said Bugarin. “We want to offer cash prizes so people can make a living doing this.”



Mary Latorres, from San Francisco, refused to do modified pull-ups and wowed onlookers by doing nine unassisted wide-grip overhand pull-ups. Latorres finished second in the overall female division. *Photo by Cpl. Scott Whittington*

Ad Space

STREND Results

Each person’s STREND factor (score) is calculated by dividing the number of repetitions correctly executed in the bench press, wide-grip pull-up, shoulder press, close-grip chin-up and bar dip by the competitor’s run time. The weight each competitor must lift is directly proportionate to the competitor’s weight. Therefore, heavy people don’t have an unfair advantage.

Overall

-female

- 1. Beverly Jephcott
5.6738
- 2. Mary Latorres
4.1310
- 3. Michele Singmouangthong
3.8628

-male

- 1. Matthew Bogdanowicz
9.2634
- 2. Michael Saum
8.6207
- 3. Jeff Conte
7.5634

Age group winners

-male under 19

Johnny Wolff
5.3254

-male 20-29

Daniel Altruz
5.8960

-male 30-39

Camell Martin
6.5548

-male 40-49

John Carmony
7.4659

-male over 50

Tom Clark
3.9056

-female basic

Cheryl Forbes
6.7999

Future STREND competitions

- Upper Midwest Challenge in Anoka, Minn., Aug. 4.
- Canadian Championships in Hamilton, Ontario, Aug. 11.
- 6th World Championships in Honolulu, Hawaii, Nov. 3.

Miramar welcomes SoCal Firefighter's Olympics

By Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

Marine Corps Air Station Miramar held the Annual Southern California Firefighter's Olympics July 17.

Every year, firefighters from many Southern California fire departments battle it out in a series of fitness events to see who is number one. Two weeks prior to the competition, coordinators were told the event could not be held at the scheduled location for various reasons. With nowhere else to turn, event coordinators looked to Miramar. Upon receiving the request to host the event, the Miramar Fire Department contacted Station and Marine Corps Community Services officials for support, and support is what they got.

According to Robert Hackett, event coordinator, Miramar saved the day for the Firefighter's Olympics. If not for Miramar's support the games may have been postponed.

Now for the competition. Ten firefighters from fire departments all over Southern California split into two divisions, based upon age – under 40-years-old and 40-plus – to participate in the 2001 games.

The first challenge for the games was a 100-meter swim portion that was held at the 50-meter pool.

Next up at the main gym, contestants flexed a little muscle for the bench press and sit-up challenges. Pumped-up and ready to win, competitors next hit the Red Course for a three-mile run.

Just when they thought their running days where over, they found themselves competing in a 100-yard dash at the Miramar track. Tired and a bit worn out from the previous events, participants then competed in the final event – the Modified Firefighter Combat Challenge.

For this event, contestants gathered at

the Miramar Fire Station. They were introduced to the five obstacles that made up the Combat Challenge.

First they had to drag an empty fire hose 50 yards, stretching it along the distance. They then had to pull the same hose across the 50-yards into a pile. Without running they had to make their way to the next obstacle, the dummy drag. Participants had to drag a dummy, weighing more than 100 pounds, an approximate distance of 25-yards.

Next was the Keiser Sled, using a rubber coated sledge hammer competitors had to hammer a heavy, friction packed hunk of steel across a short distance. This was no small task for the challengers. After clearing the distance, contestants quick-stepped it to the next obstacle – another fire hose drag – but this time the hose was connected to a fire hydrant and full of water.

This event proved to be a rather straining task for the firefighters. Upon completion of the obstacle, the challengers were faced with their final battle – they had to relocate five stacked, empty, rolled hoses. After successfully moving the hoses, they had to return them to their original resting-place.

“This was an awesome event, and it was a challenging day,” said Brian Endicott, Division 1 gold medallist, firefighter/paramedic, San Jose Fire Department, and San Jose native. “The toughest part of the competition was definitely the Combat Challenge.”

Unfortunately due to scheduled training, our fire department was unable to participate in the games, although their support and equipment is what made the events possible.

“We are just happy that (Miramar) was gracious enough to accommodate us out here and host the event for us,” said Endicott.



With all his might, Chris Riley, battalion chief, Costa Mesa Fire Department and Monarch Beach native, pulls a full fire hose accross the battle grounds in the Modified Firefighter Combat Challenge at the 2001 Southern California Firefighter's Olympics July 17 here. Photo by Cpl. Kristopher S. Haloj



Jonathan Chew, fire engineer, Fresno City Fire Department, and Fresno native, takes on the dummy drag obstacle during the Combat Challenge. Chew dragged the dummy, weighing more than 100 pounds, approximately 25 yards. Photo by Cpl. Kristopher S. Haloj

Ad Space

Miramar soccer team tryouts

Miramar is looking for experienced soccer players to be a part of the MCAS Miramar Soccer team.

Tryouts are being held here Saturday, Sunday and Wednesday. All servicemembers on Station are welcome and encouraged to try out for the team.

The team will compete in the upcoming West Coast Regional Soccer Tournament as well as other tournaments in the Southern California area.

For more information contact Staff Sgt. Kristian J. Kavanagh at 577-8078 or via e-mail at kavanaghkj@3maw.usmc.mil.

Enlisted club improvements

Due to the installation of a new dance floor and carpeting in the Enlisted Club main ballroom, the dance programs on Thursday, Friday and Saturday will be discontinued from approximately last Tuesday through Aug. 8, or until the renovation is complete.

During the renovation the lounge will be open.

For more information call 577-4820.

Station dialing codes change

The dialing codes that are used to make off-station commercial calls and off-station Defense Switched Network calls have changed.

Callers now use "99" to replace "9" when accessing commercial lines. "94" has replaced "8" for DSN calls. These changes are necessary for the Station to comply with Marine Corps standards for telephone switching systems.

For more information call the Station telephone office at 577-6997.

Murphy Canyon Youth Center "End-of-School-Year Dance"

Youths of all ages are encouraged to get down and boogie to the latest hits at the Murphy Canyon Youth Center tonight.

Grades kindergarten through fourth are invited to attend from 6:30 to 7:30 p.m. and grades 5 through 8 are invited to attend from 8 to 10 p.m.

For information call Murphy Canyon Youth Center at 556-6165.

Murphy Canyon Youth Center pool tournament

Children ages 6-16 are invited to the MC youth center's pool tournament July 26. There is no fee and all the fun starts at 3 p.m.


For more information call the youth center at 556-6165.

Cell phone use while driving GOVs prohibited


Do you have a phone permanently attached to your head? According to Station order, using your cell phone while driving a government vehicle is strictly prohibited aboard Miramar. So pull over and stop or take the call later.

Semper Fit seeks resumes for All-Marine marathon team

The Armed Forces Marathon Championship will be held in conjunction with the Marine Corps Marathon Oct. 28. Semper Fit is seeking a team comprised of five men and three women to be the designated Marine team for the Challenge Cup competition against the British Royal Navy and Marine Corps.



Free movies from MCCS



<p>Today</p> <p>Shrek (PG) 4:30 p.m. Moulin Rouge! (PG-13) 6:30 p.m. Pearl Harbor (PG-13) 8:30 p.m.</p> <p>Saturday</p> <p>Shrek (PG) 6:30 p.m. What's the Worst that Could Happen? (PG-13) 8:30 p.m.</p> <p>Sunday</p> <p>Shrek (PG) 1 p.m. Angel Eyes (R) 6:30 p.m.</p>	<p>Wednesday</p> <p>Evolution (PG-13) 6:30 p.m.</p> <p>Thursday</p> <p>Shrek (PG) 2 p.m. What's the Worst that Could Happen? (PG-13) 6:30 p.m.</p>
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The Station theater is equipped with a 35 mm projection system and Dolby Digital Surround Sound. All movies are free for DoD ID card holders and their guests. For movie synopses see the current theater flyer or call 577-4143.

Marines interested must submit resumes in accordance with Marine Corps Order P1700.29, no later than Aug. 1 and they must contain command endorsement. The order can be found at www.usmc-mccs.org, under "policy."

For more information call Pamala Hodge at (703) 784-9542.

SNCO Club Advisory Board seeks record keeper

The Staff Noncommissioned Officers' Club Advisory Board is in need of a new record keeper.

Any staff NCO who is interested can contact Sgt. Maj. Ira Lott via e-mail at lottij@miramar.usmc.mil.

Sand Volleyball Tournament

All hands are invited to take part in the 101 Days of Summer Sand Volleyball Tournament July 28 at 9 a.m.

The tournament will feature 4-on-4 action and trophies will be awarded to the top three teams.

For more information about the tourney or to sign up call D.J. McCluskey at 577-1936 or 6171.

Moving Wall comes to town

The Veterans Memorial Center will showcase the Vietnam Moving Wall Aug. 10-12. The 240-foot replica of the Vietnam Veterans Memorial in Washington will be available for public viewing beginning 8 a.m., Aug. 10.

Opening ceremonies will be Aug. 11 at 10 a.m., with a candlelight vigil at 7 p.m.

For more information call the Vietnam Veterans of America, San Diego Chapter 72 at (619) 239-5977.

Spouse job opportunity

Do you have writing talent? Looking for an opportunity to set your own hours, work out of your home, take your job with you wherever your spouse is stationed and still make good money?

For more information about this job and others call Miramar's Career Resource Center at 577-6491 or 6710.

All-enlisted golf tournament

Six sea-service teams compete for the Fleet Week Interservice trophy in this tournament scheduled for Oct. 10, from 10:30 a.m. to 6:30 p.m.

For more information contact Chuck Smith via email at chucksmyth@aol.com or

call (619) 472-5800.

101 Days Unit Challenge

Earn money for your unit's recreation fund with the 101 Days of Summer Unit Challenge.

For details go to www.mccsmiramar.com or call D.J. McCluskey at 577-1936.

101 Days "BEST" competition

Are you a creative writer or an artistic person? Miramar Marine Corps Community Services is holding their "BEST" essay competition and "BEST" poster competition.

The deadline to enter is Aug. 15.

For more information call Julie Carlson, Health Promotion Education at 577-7963.

Rockabilly brings back that rockin' sound

"The Stilettos" bring the great tunes of old-time rock 'n' roll to the Semper Fit Athletic Field stage Wednesday.

The show runs from 6 to 8 p.m. and squadron food booths will be serving food and beverages.

Call 577-6377 for details.

Internet tip: Use "Refresh" button

If you find a Miramar Web page or MCCS Miramar Web page that seems to be outdated, click the "Refresh" button at the top of your page – it's to the right of the "Back" button.

It should bring you the latest update.

Area 51 talent contest

Show your stuff – sing, dance, tell a few jokes – at the Area 51 talent contest Aug. 15.

Call 577-7968 to sign up.

Vet clinic postpones night hours

The Miramar Veterinary Clinic has postponed plans to hold an evening clinic once a month. However, they are now open one hour earlier and one hour later for clinics on Fridays. Friday's new hours are 8 a.m. to 4 p.m.

For information about clinic hours or to make an appointment, call 577-6552.

Study scuba for safe diving

Want to blow some tiny bubbles? Scuba classes are offered at the 50-meter pool. The two-week classes are offered on Tuesday, Wednesday and Thursday evenings from 5 to 9 p.m., and include five ocean dives.

Call 577-4137 for more information.

Ad Space



Miss an issue?

Check the Flight Jacket archives online

www.miramar.usmc.mil/flight.htm

Forum,
 continued from page 1
 and Reserve Affairs to the Office of the Secretary of Defense with an unknown cost.

6. Educate and Promote Exceptional Family Member Program — The discussion concerned the program in which Marines are not coming forward to join for fear of hindering their career — servicemembers fear not getting promoted and being placed on non-deployment status.

The recommendations were to establish core standards and mandatory committees, shared initiatives for installations Corps-wide, and to promote the program to diminish the stigma. Benefits would include cooperative efforts with the EFMP, Semper Fit, Youth Services and Navy Medical; an improved perception of EFMP and a mechanism to address needs such as quarterly meetings and senior leadership involvement.

7. Child Care Fees — The forum discussed how childcare is mandated by public law and what is included in calculating Total Family Income, such as Basic Allowance for Housing, COLA and non-military spouse income. Most recommendations are already in effect — they are just not known to Marines. Senior leadership needs to get the word out. The tangible benefit would be monetary

savings for Marines and families. Resources require the re-evaluation of the Department of Defense fee policy. Currently, the installation Commanding Officer has authority to grant discounts for multiple children and can reduce fees due to hardship. The plan is to implement the reconsideration of BAH so that it is not counted in total family income.

8. Childcare programs/services — Some concerns in the discussion of childcare programs were program-staffing, partnerships with other organizations and extended care services. Recommendations and tangible benefits foreseen were to incorporate the hiring of college interns, offering incentives for better childcare by converting “flex” employees to permanent after a period of training, and partnering with local child care organizations.



9. Upgrade of Electrical Service to Barracks — Discussion included aging barracks and the lack of outlets to support advancing technology. This, in turn, causes safety concerns. Renovation contracts are in place, but do not allow for electrical upgrades. Recommendations to amend current contracts and funding to implement those changes were made.

10. Shipment of two privately owned vehicles — Discussion for the shipment of

two POVs was a legislative initiative for servicemembers stationed in Alaska and Hawaii that was submitted by HQMC. However, the reimbursement for rental cars and shipping of a second POV initiative is currently deferred. The recommendation was reduction of out-of-pocket expenses for overseas permanent change of station moves, and that it not be exclusive to Hawaii and Alaska, as it would be cheaper to ship a second POV in CONUS than to drive.

Brown received praise for her delivery from Lt. Gen. Garry L. Parks, deputy commandant, Manpower and Reserve Affairs. As he conveyed the final thoughts of the discussion, he stated that family readiness has taken on an all-new meaning and that there is a desire to ensure that Marines and their families are not only physically, but also emotionally and mentally ready.

Lieutenant Gen. Parks, along with fellow VIP attendees: retired Maj. Gen. Michael P. Downs, director, Personal and Family Readiness Division; Brig. Gen. Stephen T. Johnson, director, Plans and Policies Division; and Paul Hubbell, deputy assistant deputy commandant, Installations and Logistics (Facilities) will take the findings and brief the Marine Corps Community Services Board of Directors for action.

Flight Jacket

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Commander, Marine Corps Air Bases Western Area

Maj. Gen. Charles F. Bolden Jr.
Commanding General 3d Marine Aircraft Wing

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